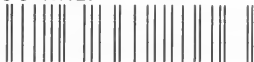


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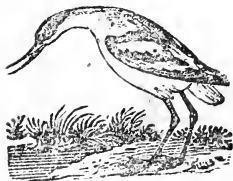
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No 5

MORAL AND RELIGIOUS
MAXIMS FOR

Children.



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SANDBORNTON PRESS.

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MORAL
AND
RELIGIOUS
MAXIMS

FOR
CHILDREN.

SANDBORNTON PRESS

1885.

C. H. Johnson

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MAXIMS FOR HEALTH AND
GRACEFULNESS.

EARLY rising, and the habit of washing frequently in pure cold water, are fine things for the health and complexion.

Walking and other out of door exercise cannot be too much recommended to young people. Even skating, driving hoop, and other boyish sports, may be practised to great advantage by little girls, provided they can be pursued within the inclosure of a garden, or a court; in the street, they would of course be highly improper. It is true such games are rather violent, and sometimes noisy; but they tend to form a vigorous constitution, and girls who are habitually lady-like, will never allow themselves to be rude and vulgar, even in play.

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Shoes and garments for children should be quite large enough for ease, comfort, and freedom of motion

Clean the teeth as much as twice a day, with a brush and pure water. The habit of always cleansing the teeth before retiring to rest, tends greatly to their preservation.

Children should eat simple food, and just as much of it as they need, and no more. Even the silly parrot will not eat merely to gratify her palate, when her appetite is satisfied.

Many pimpled face and aching head, is produced by eating too much.

A tendency to stoop should be early corrected. It is very destructive to health. This habit, together with the very ungraceful one of running the chin out, may be cured by the practice of walking the room frequently with a heavy folio volume balanced on the head,

without the aid of the hands. The Egyptian women, who go down to the Nile to bring up heavy burdens of water on their heads, are remarkable for erect forms and majestic motions.

Little girls should be careful, whether walking or sitting, to turn their feet out. The habit of turning the feet toward each other is extremely awkward. The practice of shrugging the shoulders is still more so : they should always be carried as low as possible. These things are of very little consequence, compared with what relates to the mind and heart ; but we cannot help acquiring habits ; and it is better to acquire good than bad ones, even in the most trifling things.

The beauty of the hair depends greatly upon keeping it perfectly clean and disentangled. Washing the hair with luke-warm soft water, with a little soap in it and a thorough brushing afterward,

is much better than the too frequent use of the ivory comb ; many who take excellent care of their hair do not use the ivory-comb at all. No women in the world are more distinguished for fine glossy hair than the South-Sea islanders ; it is said to be the effect of frequent bathing. Silk night-caps are more cool and healthy than cotton ones. The French comb children's hair entirely back from the forehead, after the fashion of our grandmothers. It is an excellent plan ; for it checks its growing low upon the forehead and temples. and prevents the tendency to crossing the eyes, so often produced by looking at the hair, when it falls in sight.

Regular hours for food, study, exercise, play, &c. have an excellent effect on the character, as well as the health.

MORAL MAXIMS.

The most important of all earthly

things, are purity of heart and correctness of principle. Intellect, wealth, and beauty, are of little value compared with goodness ; and unless these gifts are accompanied with goodness, they serve to make the possessor unhappy within herself, and disliked by her companions. Little children can have good principles, as well as grown people ; the rules for forming them are few and simple.

1. Remember that God sees all your actions and all your thoughts. Be in the daily habit of prayer to him, and he will help you to cherish what is good, and drive away what is evil. I once saw a little girl kneel and pray, when she thought no one heard her, "our Father, who art in heaven, forgive me for striking my little brother to-day ; and help me not to strike him again ; for oh ! if he should die, how sorry I should be that I struck him," It was a simple and holy prayer. God did help her to govern her quick temper and when she was twelve years old,

she was as mild and gentle as a lamb.

2. Never forget the Golden Rule, to do by others as you would have others do by you. Perhaps you have in your class a little girl, who has not been at school as much as yourself; and because she cannot get her lessons very readily, you laugh at her, and call her stupid. Were you in her place, should you like to be so treated? If your heart answers 'no.' you may be sure your conduct has been very wrong. Have you never spoken unamiably to a companion, merely because she took her station above you in her class? You can easily tell how well you should like such language, were you in her place.

Have you never made your older sister a great deal of trouble, by your carelessness, disobedience, or obstinacy? Had you the care of a younger sister, should you not be grieved by such behavior?

I will not mention any more instanc-

es in which this invaluable rule will serve as an unerring guide ; there is no event in life, great or small, to which it may not be applied.

3. Deal frankly with all, particularly with your parents or guardian. Never attempt to conceal your actions or your motives. If you have broken anything, go at once and avow it ; and if you have been to blame in your intercourse with your companions, do not let silly pride, or false shame, prevent you from acknowledging it. You cannot conceal anything from God ; and the attempt to deceive your friends will have a very bad influence on your heart.

4. When you have formed a good resolution, never put off the time for carrying it into execution. Every time a bad habit is indulged, it grows stronger, and is more difficult to overcome.

5. Be as polite and amiable at home as if you were among strangers. You need not learn the art from masters : the observance of the Golden Rule will

make you polite ; for it will teach you to prefer the happiness and comfort of others to your own, even in the most trifling particulars. Above all, be polite, attentive, respectful, and affectionate to your parents. Good parents are the choicest blessings God ever gives. You never can do enough to repay them for their care over you.

6. Cherish love for your brothers and sisters. Let your words and actions be such toward them, as you wish they had been, should death separate you from each other.

7. Next to goodness, strive to obtain knowledge. Never forget that by patience and perseverance you can learn anything.

8. Have a scrupulous regard to neatness of person. Broken strings and tangled hair, are signs that little girls are not very industrious or regular, in any of their habits.

A CUSTOM WORTHY OF IMITATION

IN Germany, the children all make it a rule to prepare Christmas presents for their parents, and brothers and sisters. Even the youngest contrive to offer something. For weeks before the important day arrives, they are as busy as little bees, contriving and making such things as they suppose will be most agreeable.

The great object is to keep each one ignorant of the present he or she is to receive, in order to surprise them when the offering is presented. A great deal of whispering, and innocent management is resorted to, to effect this purpose; and their little minds are brimful of the happy business.

This is a most interesting and affectionate custom. I wish American little girls would exercise their ingenuity in making boxes, baskets, needle-books, &c. for the same purpose. Their hearts will be warmed with good feelings,

while their fingers are acquiring skill ;
and they will find, as the Bible tells
them, that "It is more blessed to give
than to receive."

THE BIBLE.

The spirit breathes upon the word,
And brings the truth to sight,
Precepts and promises afford
A sanctifying light.

A glory gilds the sacred page—
Majestic, like the sun :
It gives a light to ev'ry age,
It gives, but borrows none

THE MOON.

1 Corinthians, chap. xiii. 12.

Dark, like a moon without the sun
I mourn thy absence Lord ;
For light or comfort I have none,
But what thy beams afford.

But lo ! the hour draws near apace,
 When changes shall be o'er,
 Then shall I see you face to face,
 And be eclips'd no more.

Tho' God preserve me every hour
 And feed me day by day,
 I know it is not in my power,
 His goodness to repay.

The poorest child, the greatest king,
 Alike must humbly own,
 No worthy present they can bring
 To offer at his throne.

For we, and all our treasures too,
 Aæ his who reigns above ;
 Then is there nothing I can do
 To prove my grateful love ?

A broken heart he'll not despise,
 For 'tis his chief delight :
 This is a humble sacrifice,
 Well pleasing to his sight.

Tho' treasure brought before his
throne

Would not acceptance find ;
He kindly condescends to own
A weak and lowly mind.

This is an offering we may bring,
However mean our store :
The poorest child, the greatest king,
Can give him nothing more.

HUMANITY.

In a modest humble mind,
God himself will take delight
But the proud and haughty find
They are hateful to his sight.

Jesus Christ was meek and mild
And no angry thoughts allowed ;
O, then shall a little child
Dare to be perverse and proud ?

This, indeed, should never be,
Lord, forbid it, we entreat

Grant they may all learn of thee
That humility is sweet.

Make it shine in every part
Fill them with this heavenly grace
For a little infant's heart
Surely is its proper place.

THE DAY OF LIFE.

The morning hours of cheerful sight
Of all the days are best ;
But as they speed their hasty flight
If every hour is spent aright,
We sweetly sink to sleep at night,
And pleasant is our rest.

And life is like a summer's day,
It seems so quickly past,
Youth is the morning bright and gay,
And if 'tis spent in wisdom's way,
We meet old age without dismay,
And death is sweet at last.

TIME AND ETERNITY

How long, sometimes, a day appears !
 And weeks, how long are they ?
 Months move as slow as if the years
 Would never pass away.

It seems a long, long time ago,
 That I was taught to read ;
 And since I was a babe I know
 'Tis very long indeed.

But even years are passing by,
 And soon must all be gone ;
 For day by day as minutes fly,
 Eternity comes on.

Days, months, and years, must have
 an end,
 Eternity has none ;
 'Twill always have as long to spend
 As when it first began !





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